

**KNOW THYSELF SERIES:  
GROWTH IN SILENCE.  
THE UNDERTONE OF LIFE**

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Know Thyself Series: Growth in Silence. The Undertone of Life by Susanna Cocroft

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**SUSANNA COCROFT**

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**KNOW THYSELF SERIES**



*Suzanna Croft.*

# GROWTH IN SILENCE

The Undertone of Life

BY

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FOR  
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THE VITAL ORGANS  
FOODS, NUTRITION AND DIGESTION  
HABITS: THE NERVOUS SYSTEM  
MOTHERHOOD  
THE CIRCULATION: HEART, LUNGS  
AIDS TO BEAUTY  
POISE AND SYMMETRY OF FIGURE  
CHARACTER—AS EXPRESSED IN THE BODY  
THE WOMAN WORTH WHILE  
ETC., ETC.

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## Growth in Silence

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WITH what a draught of pure exhilaration we open the eastern windows of the morning to the new day!

The new day!—its surface is unruffled! The yesterday has gone into the west—only the thoughts of that day which make for eternity have been traced upon its pages. The mantle of rest and of silence has tenderly covered it, while the night has borne it with silent tread, hours away! The soft night wind has lulled it to dreamless, lasting sleep.

Leave it in peace—to-day, to-morrow are before us.

With the dew of morning all vegetation drinks in new life, new growth; the buds fill the air with fragrance; the birds nigh burst their throats in the ecstasy of a new song.

Life is swelling, pulsing, from every crack and crevice.

Mental forces adjust themselves under cover of the night, and thoughts, in the evening confusion, by morning are clear and unruffled, ready for the fresh beginning. Do not stir up the contention of yesterday—carve the future on the clear surface of to-day.

Does some solitary one awaken downcast, heavy hearted, with drooping shoulders, clouded face, and careworn brow—a discordant note, out of harmony with the song of the universe? Lift chest, head, and eyes—fill the lungs to overflowing with pure fresh air. Then be passive—listen. All nature is glad! Let the joyous melody of the universe lift you up! up! up! until you are filled with joy at the thought of being a part of the great soul of life. *Opportunity* for expansion, for growth, for freedom, for fullness of life, is yours.

Were your nerves in such poise that yesterday's conditions worried you? Did you see life through a cloud darkly?

To-day's horizon is clear; the clouds are behind—*to-day is yours to carve.*

Every morning you take your life direct from your Source.

To plod through life with downcast eyes, doing things of slight account, with mental forces fixed alone on the materials of life, means to cramp the spirit, to miss the broader view, the exhilaration of the deep draughts of air,—means failure to expand to the larger compass.

When the starved heart needs nourishment, when things go wrong, when troubles loom mountain high, turn your thoughts to your blessings. Go into the sunshine where the blessings are seen more clearly. Give place to the beautiful, the ennobling purposes of life.

Look for life's beauties. The world is full of the beauty of doing, of being; but sometimes one's point of view needs lifting to a higher plane, that the blessings may stand out clearly.

Keep mind and heart fixed on the true,